



Sandoval County Senior Program Administration

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CENTER LOCATION

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Hours of Operation:
Monday—Friday 8-5pm

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Sponsorship

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Economic Development District
Area Agency on Aging

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All Sites individualize their newsletters to their local area information, activities calendars and games.

Health & Wellness

7 Essential Elements of Senior Wellness

Maintaining or enhancing one's health and wellness shouldn't stop at a predetermined age. As we get older, we need to pursue a balanced mind and body by focusing on our physical well-being as well as our happiness, fulfillment, and mental fortitude.

You should not be afraid to live your best and most fulfilled life. With the assistance of family, friends, and professional in-home caregivers, you can successfully pursue the following seven elements of senior wellness.

Proper Diet

A proper diet is the foundation of good health. Without the right levels of nutrients, you will have trouble maintaining cognitive and physical energy. A few nutrition recommendations include the following:

- Flavor foods with spices and herbs, but use less salt
- You can lose the ability to taste salt in food, but don't try to overcompensate. Too much salt can increase the risk of heart disease.

Drink milk

Milk provides calcium and protein to promote healthy bones.

Don't depend too much on nutritional supplements

Vitamins and minerals in natural foods are always better than dietary supplements.

Sleep

Most healthy people need 7 to 8 hours of sleep each night to feel recharged the next morning, according to research. Older adults may awake earlier in the morning due to body rhythm changes called advanced sleep phase syndrome.

However, this means older adults may need to go to bed earlier in the evening.

Additionally, a range of physical conditions associated with aging can make it difficult for you to get enough sleep, which can cause sleep deprivation.

Here are some tips to help you get a better night's sleep:

- Avoid caffeine, alcohol and nicotine in the evenings
- Go to bed and awake at the same time every day, even on weekends
- Don't take naps longer than about 20 minutes during the day, if possible
- Ask a doctor if a medication or physical condition could be preventing sleep
- An in-home caregiver could help monitor proper sleep habits and assist with any sleeping discomfort.

Health & Wellness continued

Physical Activity

A lack of exercise quickly leads to many health problems in both body and mind. You don't have to break records at the gym to stay healthy and feel well. A moderate amount of physical activity each day will keep the body in good working order and lead to a clearer mind and a greater sense of fulfillment.

Consider the following recommendations for senior activity:

Older adults should achieve at least 150 minutes of physical activity per week, according to the World Health Organization (WHO)

Gardening, walking, and outdoor hobbies can provide proper physical activity. Cardiovascular health workouts and muscle-strengthening activities are recommended together to prevent the potential for falls, heart attacks and many of the most common causes of senior debility.

Socialization

Loneliness is a silent killer for the elderly and is a contributing factor to dementia, depression, obesity, Alzheimer's disease, and many other mental and psychological conditions.

You need to interact regularly with other people in order to maintain well-being. Community activities, games, and projects can foster a sense of interest, usefulness and social bonding. Even a good conversation from time to time is a necessity.

For seniors needing to stay at home, an in-home caregiver could provide interaction they desperately need and crave.

Purpose

After retirement and withdrawal from economic and political involvement, you may need to find something new to provide direction and purpose. You may need to realize your life is meaningful.

Volunteer work and other activities that help others are excellent outlets for you to find self-purpose.

Safety

Falling is one of the biggest safety risks for seniors. Making your home physically safe and easy to navigate is a first step toward wellness.

Seniors also need protection from scammers who prey on the elderly. Family caregivers need to take precautions ahead of time to prevent senior loved ones from falling victim to telemarketing and online scams.

Health & Wellness continued

Identity

As we grow older, we naturally begin to reflect on our lives and achievements. We want to pass along our knowledge and information to younger generations. Family and friends can help foster your sense of identity and accomplishment by encouraging us to tell stories, write down memories, and to participate in society as a mentor and teacher. We may often discount the scope of what we've achieved during our long life, but recognizing and celebrating these achievements can be an important source of satisfaction and well-being.



Nutrition

It's Summer, Seniors! Eat Fresh Fruits and Vegetables.

Not only is it Summer but Harvest is happening! And that means fresh fruits and vegetables straight from the garden, food co-op, roadside stand or local grocery. You can eat well, enjoy the best of the season's bounty, and reap the benefits of healthy eating.

Eating well this season is about fresh, colorful food, and on many occasions, eating out of doors with family and friends which adds to the pleasure. For older adults, there are particular benefits of healthy eating. They include increased mental acuteness, resistance to illness and disease, higher energy levels, faster recuperation times and better management of chronic health problems. Eating well can also be the key to a positive outlook and staying emotionally balanced.

MyPlate for Older Adults, developed by Tufts University researchers to replace the USDA food pyramid, continues to emphasize the importance of fresh fruits and vegetables in the senior diet. Included among the recommendations of MyPlate are eating bright-colored vegetables such as carrots, zucchini, summer squash, and broccoli, and deep-colored fruit such as plums, berries and melon. Foods with high water content such as lettuce, garden fresh tomatoes, watermelon, homemade fruit and vegetable juices are good for seniors to add hydration especially during the heat of summer. Soups, such as gazpacho, which can be made from fresh vegetables and served chilled during warm weather are ideal and healthful, too.

Be creative in the kitchen. Making small changes in the way you prepare food can often help overcome challenges to adding fresh fruits and vegetables to your diet. They can help you enjoy meals more, and assure that you get the nutrients and energy needed for healthy, active living as well. If you don't feel like eating because food no longer tastes good, you can enhance the flavor of food by cooking meals in

Nutrition continued

new ways or by adding different fresh herbs such as basil, dill, thyme, mint, or chives. Be sure to check with a doctor or registered dietitian about foods to include or avoid.

Do you have cardiovascular disease, suffer from poor circulation or have challenges with eye health such as macular degeneration or cataracts? Antioxidant rich fruits are plentiful this time of year and are outstanding foods for protecting cardiovascular and eye health. Blueberries, blackberries, strawberries, mulberries, cherries, black plums and even grapes - but especially fruits with dark purple pigments -- fight inflammation and improve blood flow and also help prevent blockages to the arteries.

Super foods like spinach, the king of the green leafies, and other good greens like kale, Swiss chard, turnip, mustard, and collard greens are rich in lutein, a carotenoid compound found in colorful fruits and vegetables that protect cells from damage. A diet rich in spinach helps shield the macula, the center of the retina, from cell damage that can cause both age-related macular degeneration and cataracts. If you already have macular degeneration, you should be loading up on that vegetable. Orange bell peppers are the best dietary source of the carotenoid zeaxanthin, the other carotenoid that concentrates in the back of the eye. They have a lot of vitamin C and more zeaxanthin per mouthful than any food on the planet. Other orange vegetables such as pumpkin, squash, sweet potatoes and carrots are also chock-full of vitamin A, which boosts night vision. They also contain a carotene that helps lower the risk of cataracts.

Nothing harkens us back to our youth like the smell and taste of fresh fruit pies, tarts, cobblers or crumbles. And adding fruits like peaches, mangoes and berries to smoothies or homemade ice cream is a perfect way to get calcium, too. Look for ways to combine foods from the different food groups in creative ways. For instance salsas or relishes made from a mixture of fresh fruits, vegetables, onions and spices are ideal accompaniments to grilled fish or meats. You can do this while continuing to eat familiar foods that reflect your cultural, ethnic or family traditions. Experiment with ethnic foods, regional dishes, or vegetarian recipes. Try new recipes from friends, newspapers, magazines, television cooking shows, or cooking websites.

Older adults can feel better immediately and stay healthy for the future by choosing healthy foods and the choice is never better than in summer. But as always, before you make any dietary changes be sure to consult a doctor or a health care provider.

Staying Active

10 Benefits of Having an Active Lifestyle for Seniors

Exercise is crucial to maintaining your health and wellbeing, but it may be even more important in aging and senior adults. While there are concerns surrounding seniors exercising, the health benefits of an active lifestyle far outweigh the risks. It's true that seniors may take longer to heal and recover from injuries, but moderate exercise levels are good for people of all ages.

Regular exercise and an active lifestyle for seniors provides a variety of health benefits that extend beyond the obvious, including improvements in blood pressure, diabetes, lipid profile, osteoarthritis, osteoporosis, and neurocognitive function.

WHY SHOULD SENIORS BE ACTIVE?

There are many reasons for seniors to have an active lifestyle that range from preventing physical injuries to improving mental health. Here are 10 key health benefits to seniors participating in regular fitness activities and upholding an active lifestyle.

1. FITNESS IMPROVES SENIOR HEALTH

On the macro level, overall health quality is higher when seniors participate in exercise programs. Individuals who exercise have reduced risks of chronic illnesses and diseases, and have improved immune and digestive systems.

2. EXERCISE HELPS WITH MANAGING BODY WEIGHT

Exercise helps people of all ages maintain or lose body weight. However, our metabolism naturally slows with age, so the importance of exercise increases. Adding cardio and strength training workouts develops muscle mass, and in turn, increases metabolism and burns more calories to promote positive weight loss.

3. WORKING OUT INCREASES BONE HEALTH & STRENGTH

Regular activity builds healthy bones and helps maintain bone strength in seniors. Exercise works on bones much like it works on muscles — by making them stronger. Because bone is living tissue, it changes in response to the forces placed upon it. When you exercise regularly, your bone adapts by building more cells and becomes denser.

4. STAYING ACTIVE PROMOTES HEART & CARDIOVASCULAR HEALTH

Frequent physical activity reduces the risk of heart disease and enhances your cardiovascular health. Adding a mix of cardio and strength training will give you an added boost of energy that will improve your heart health overall. However, underlying heart conditions and hereditary diseases will not go away as a result of exercising, but staying active can help you maintain a higher quality of life.

Staying Active continued

5. EXERCISE BUILDS POSITIVE MENTAL HEALTH

Living an active lifestyle and exercising frequently leads to a variety of mental health benefits. Exercise is shown to help fight depression when muscle generated mood boosters become active and is shown to reduce stress. Maintaining activity levels may even help slow the progression of brain disorders such as Alzheimer's disease.

6. BUILDING STRENGTH PREVENTS FALLS

Falls are serious at any age, but seniors are particularly at risk of injury if bone strength and density are low. Having an active lifestyle will help you stay balanced and prevent falls by building muscle strength and improving bone health later through simple low impact exercises. It's also recommended that you test your bone density to know your risks of osteoporosis.

7. STAYING ACTIVE PROMOTES SLEEP

Sedentary individuals tend to have more trouble getting quality rest, but an active lifestyle could help you fall asleep. Adding regular aerobic exercise during the day promotes deeper sleep by raising your core body temperature and encouraging rest when you start to cool down. Working out 2-3 hours before bed will help you stay asleep and leave you waking up refreshed.

8. AEROBIC EXERCISE REDUCES HYPERTENSION

If you're a senior with hypertension, exercise is medically proven to help lower blood pressure. Adding 30-minutes or more of moderate aerobic exercise, five times a week will measurably reduce blood pressure, lower stress and decrease the risk of some cardiovascular problems.

9. EXERCISE IMPROVES SOCIAL WELLNESS

For many seniors, having an active social life can be difficult. Some aging adults are increasing their social wellness by making exercise a fun group outing with others in their communities. Whether it's through joining a walking group or participating in an aerobics class, socializing while working out keeps people young at heart and mentally sharp.

10. WORKING OUT KEEPS YOU FOCUSED AND GIVES YOU MORE ENERGY

Exercise is linked to improved cognitive function and better motor skills. Physical activity is also associated with lowering the risk of vascular dementia in seniors. Maintaining a regular fitness routine can help seniors stay focused and allow them to lead a higher-quality life with more energy.



Staying Active continued

WAYS SENIORS CAN STAY ACTIVE

Getting older doesn't have to mean abandoning an active lifestyle, but it does mean adjusting your workout routine to your body. We recommend talking with a physical therapist to help you find a fitness plan that suits your body to prevent injuries. The ideal senior fitness and activity plan includes three areas of emphasis:

- aerobic/endurance components
- strength and resistance training
- stretching and flexibility exercises

AEROBIC/ENDURANCE

Experts recommend 30-minutes of aerobic/cardiorespiratory exercise each day. When done at a brisk pace, walking, jogging, swimming, and cycling all contribute towards getting your heart rate up and breathing faster. For seniors that are just getting started with their exercise routine, it's acceptable to spread the 30-daily-minutes out into three 10-minute periods over the course of the day.

If injuries or pre-existing conditions make impact activities painful, consider trying low-impact activities instead, such as cycling or swimming. After several weeks of maintaining a daily aerobic/cardio exercise routine, many seniors will see an increase in fitness performance, as well as a greater ability to perform daily tasks without getting as winded or tired.

STRENGTH & RESISTANCE FOR SENIORS

Strength and resistance training uses and builds muscles with repetitive, often weight-bearing, motion exercises. Strength training routines should be done 2-3 times per week, with exercises focused on all major muscle groups (arms, legs, core) being done in 1-2 sets of 10-15 repetitions at light to medium intensity. If weights and strengthening equipment are too heavy, resistance bands or bodyweight are excellent alternatives to build up strength. Wall sits, sit-ups, and push-ups are all simple and equipment-free ways to build muscle mass.

STRETCHING & FLEXIBILITY

Stretching warms up and cools down your muscles before and after cardio activities and strength building. Stretching also improves flexibility, which reduces the likelihood of injuries, improves your range of motion, and lessens muscle soreness and stiffness. Gentle stretching, yoga, Pilates, and Tai Chi all contribute to overall flexibility and are low impact exercises on joints. Light stretching and flexibility exercises are safe when done daily and overall fitness and activities will benefit from them.

Staying Active continued

STAY SAFE AND CONSULT WITH YOUR DOCTOR

Care should be taken to ease into new routines and accommodate the current level of fitness, proneness to injuries, and any pre-existing health conditions. Again, when starting a new fitness regimen, participants should always check with their doctor to determine the safest and most effective plan. Active and aging adults should also let their physician know if they are experiencing:

- Dizziness or shortness of breath
- Chest pain or pressure
- Blood clots
- Infection
- Sores that won't heal
- Joint swelling

Volunteer

Happy Summer Volunteers,

I wanted to share with you some insights that I have learned from talking with volunteers in my work as a volunteer coordinator. I am blessed to meet volunteers all the time in my current role as well as my previous experience working with volunteers in hospice. I like to ask them why they volunteer? I'm curious to learn the reasons a person is inspired to give back. I'd like to share with you some of the most compelling reasons I've heard over the years as to why people volunteer. As a regular volunteer, you can relate to these responses or maybe, you'll become inspired to share why you volunteer. Remember to encourage your friends and neighbors to join you in volunteering.

1. There is a personal tie to the cause. A particular cause calls to you because you, or someone close to you, have personally experienced the hardship the cause is aiming to minimize or eradicate. Perhaps you grew up in a household without enough to eat or you didn't have books to read. Whatever the cause, it touches your heart and empathy drives you to give back and make a difference in the lives of those going through the same situation now.

2. Volunteering sets a good example for others. Lots of folks "talk the talk". But very few actually make the time and effort to "walk the walk". By volunteering, you inspire others to get involved to make a positive change in the community. Serving food at a local soup kitchen, being a docent at a historical society, or working with kids to learn reading skills are great examples of how to spark a passion for volunteering in others.

Volunteer continued

3. Meeting like-minded, motivated, positive people is super easy. The way someone chooses to spend their spare time is a true reflection of their values and priorities. Connecting over shared passions for a cause while helping others is a great way to meet new friends. By volunteering, your “circle of friends” can get a whole lot bigger in a short amount of time.

4. “Doing good” is important. Every day we are bombarded with disheartening news stories. Volunteering presents a proactive way of doing something to make the world a better place. Even the smallest gestures make a difference. And if we all band together, those small gestures can add up to a big change! For example, when you donate books to Friends of Libraries and literacy, you are helping our world by recycling and providing a way for others to purchase books at prices that are affordable.

5. Volunteering creates empowerment. Maybe someone offered you a helping hand when you were down and out. Volunteering gives you the opportunity to pay that favor forward. Often times, a word of encouragement and a little assistance to those in need can help them get back on their feet. And when they do, they’ll most likely do the same for others. And the cycle continues.

6. Volunteering has never been easier. With the variety of organizations that Sandoval County RSVP partners with, there is an organization for just about every interest or cause you might have. Organizations recognize that senior volunteers in particular, bring a lifetime of skills and experience to the table. Organizations have begun taking a real interest in putting the talents and expertise of these volunteers to use in producing the greatest good for their clients.

7. Volunteering is good for you. Studies show that volunteering releases tension. By helping others in need, you take the focus off of your own problems, putting into perspective how precious having a healthy, fulfilled life really is. Many volunteers realize that, while not perfect, their life is a blessing to be celebrated every day.

In Service,

Marta

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Volunteer continued

August Birthdays:

Rita A. Armijo
Elizabeth Ball
Rose Balmer
Ronna Lin Brant
Roeine E. Danclovic
Sandy Escarcida-Army
Judith Evans
Kathy M. Garcia
Carol L. Heil

Joyce A. Hunt
Teresa Ann Macal
William G. Potabi
John E. Reis
William F. Russell III
Yvonne Schreck
Lisa Tapia
Doug Thomas

Meal and Mileage Reimbursement Checks will be issued for the Month of June as part of closing out the 2022-2023 fiscal year. The next reimbursement check you receive will be back to the quarterly rotation, covering July, August and September and will be paid out in October. Please remember to cash the checks when you receive them as **that** helps our accounting department greatly! If you have any questions please give us a call at 505-404-5818.

SAVE THE DATE



45th Annual Conference on Aging!

September 12–13, 2023

Re—acquaint...Re—Connect...Re—commit...

This HYBRID conference will
highlight *regional watch parties!*

REGISTER NOW at
<https://coa.altsd.state.nm.us/>

Featuring!

*Governor Michelle Lujan-Grisham
Lieutenant Governor Howie Morales
Secretary Katrina Hotrum-Lopez*

PHOTO CONTEST

**NM Aging & Long Term Services
45th Annual Conference on Aging
September 12th & 13th 2023**



**Submit by 8/25/2023
! no limit on entries !**

Hometown Pride Photos

If you love your community. This photo contest is for you. Highlight your community's product they are known for, historical landmark, or a picture that captures your community's values about life.

Generations Photos

Capture your own take on a multi-generational photograph. Let your creativity flow. Maybe a picture of grandma handing down a recipe with instruction or a father teaching his son a valuable skill.

Then & Now

Search the internet for old pictures of your town such as roads, buildings, or other structures that still exist today. then take a picture of the same road, building, or other structure of what it looks like today. Submit one photo for the "Then" and one photo for the "Now".

Cutest Pet Photo

Who has the cutest pet? This is your time for your pet to shine and possibly win the first place title for the cutest pet. Please submit a picture of your pet at that picture perfect moment that the world must see!

Submit photos by email to: ALTSD.CoA@altsd.nm.gov